

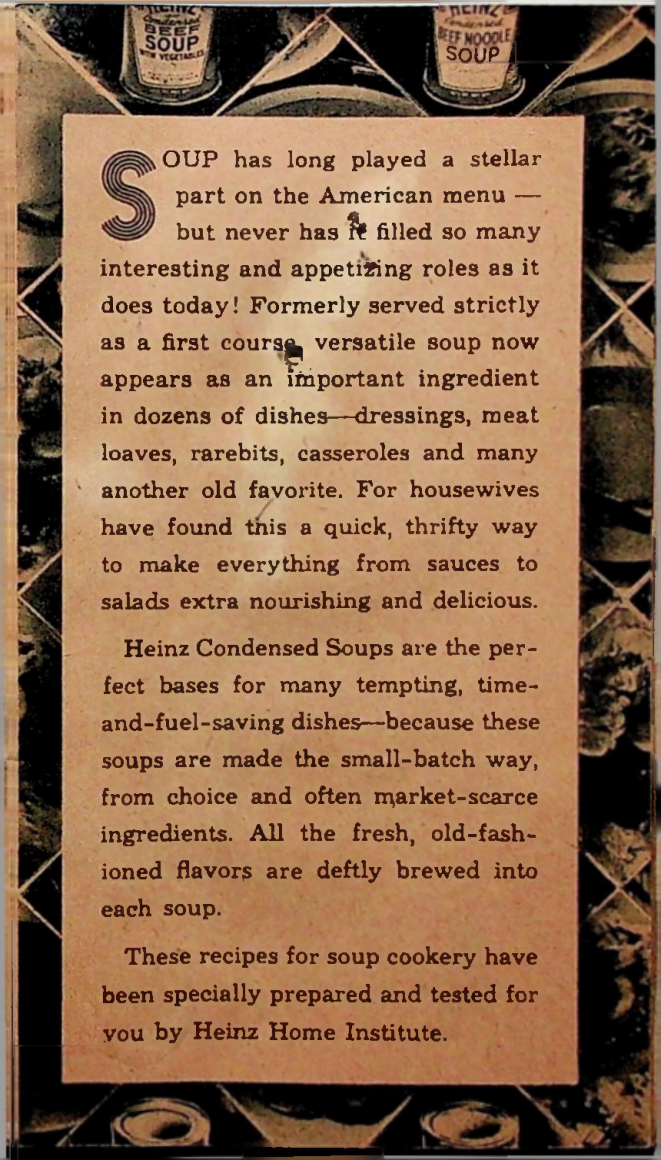


57 WAYS TO USE
HEINZ
CONDENSED SOUPS



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PITTSBURGH, PA.



S OUP has long played a stellar part on the American menu — but never has it filled so many interesting and appetizing roles as it does today! Formerly served strictly as a first course, versatile soup now appears as an important ingredient in dozens of dishes—dressings, meat loaves, rarebits, casseroles and many another old favorite. For housewives have found this a quick, thrifty way to make everything from sauces to salads extra nourishing and delicious.

Heinz Condensed Soups are the perfect bases for many tempting, time-and-fuel-saving dishes—because these soups are made the small-batch way, from choice and often market-scarce ingredients. All the fresh, old-fashioned flavors are deftly brewed into each soup.

These recipes for soup cookery have been specially prepared and tested for you by Heinz Home Institute.

FIRST COURSES



1 BEEF CORN CHOWDER

- 2 tablespoons chopped onion
- $\frac{1}{4}$ cup chopped green pepper
- 1 10 $\frac{3}{4}$ -oz. can Heinz Condensed Beef Noodle Soup, undiluted
- 1 cup canned whole kernel corn or cooked fresh corn
- $\frac{1}{2}$ cup cooked, diced potatoes
- 2 cups milk
- $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{8}$ teaspoon salt

Combine onion, green pepper and Soup in a saucepan. Simmer, covered, until vegetables are tender. Add corn, potatoes, milk and seasonings. Cover and heat slowly to boiling, stirring occasionally. Serves 5.

2 COCKTAIL SAUCE

- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- 3 tablespoons Heinz Distilled White Vinegar
- 1 tablespoon Heinz Dehydrated Horse Radish

Combine all ingredients. Chill for at least 10 minutes. Serve as sauce with fish cocktail. Yields approximately 1 $\frac{1}{2}$ cups.

3 CHILLED TOMATO SOUP

- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, diluted with an equal quantity of milk
- 1 tablespoon finely grated onion
- $\frac{1}{4}$ teaspoon salt
- Chopped parsley or chives

Heat Soup, milk, onion and salt to boiling, but do not boil. Chill in a refrigerator tray until very cool. Sprinkle with chopped parsley or chopped chives. Serves 4.



See Recipe No. 2

4 CHILLED CREAM OF GREEN PEA SOUP

- 1 11-oz. can Heinz Condensed Cream of
Green Pea Soup, undiluted
- 2 cups milk
- $\frac{1}{2}$ teaspoon Heinz Dehydrated Horse Radish
- 1 teaspoon sugar

Combine Soup, milk, Horse Radish and sugar. Pour into a refrigerator tray and chill for 10 minutes. Serve cold. Garnish with Whipped Egg White Garnish (recipe below).

Whipped Egg White Garnish

- 1 egg white
- Dash salt
- Dash paprika

Whip egg white until stiff but still moist. Add salt during whipping. Place a spoonful on chilled Soup. Top with a dash of paprika. Serves 6.

MEATS, FISH and POULTRY



5 SAVORY SWISS STEAK

- $\frac{1}{2}$ cup flour
- 2 teaspoons salt
- Dash pepper
- 2 lbs. round steak
- 2 tablespoons fat
- 1 medium onion, sliced
- $\frac{1}{2}$ cup chopped green pepper
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, diluted with an equal quantity of water

Rub flour, salt and pepper into the steak with a saucer. Brown on both sides in fat. Circle and top the steak with onion slices and chopped green pepper. Add diluted Soup. Simmer slowly, covered, on top of stove for two hours. Serves 6.

6 JIFFY MEAT LOAF

- $\frac{1}{2}$ lb. ground beef
- $\frac{1}{4}$ lb. ground pork
- $\frac{1}{4}$ lb. ground veal
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- 2 tablespoons diced onion
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 2 eggs
- $\frac{1}{2}$ cup dry bread crumbs

Combine all ingredients and mix thoroughly. Pack into a greased loaf pan. Bake in a moderate oven (350° F.) for approximately 1 hour. Serves 6 to 8.

BAKED BEEF HASH

- 2 tablespoons diced onion
- 2 tablespoons diced green pepper
- 1 tablespoon fortified margarine or butter
- 2 cups shredded, cooked beef
- 1 10 $\frac{3}{4}$ -oz. can Heinz Condensed Beef Soup with Vegetables, undiluted
- 1 cup diced, cooked potatoes
- 1 egg

Sauté onion and green pepper in margarine until tender. Add beef, Soup and potatoes. Simmer for 5 minutes, stirring occasionally to prevent sticking. Remove from stove; add egg and mix thoroughly. Place in a greased casserole (10"x6"x2") and bake in a hot oven (400° F.) for 45 minutes. Cut into squares for serving. Serves 6.

See Recipe No. 6



8 BEEF STEW

- 1 small onion, diced
- 2 tablespoons diced green pepper
- 2 tablespoons fat
- 1/2 lb. raw beef, diced, or 1 cup diced, left-over meat
- 1 11-oz. can Heinz Condensed Vegetable Soup with Beef Stock
- 1 cup water
- 1/2 teaspoon salt
- Dash cayenne pepper

Sauté onion and pepper in fat. Add meat, and brown, cooking thoroughly if raw meat is used. Add Soup and remaining ingredients and simmer until thoroughly heated. Serve as stew or as a sauce over toast triangles. Serves 3.

9 BRAISED STUFFED PORK CHOPS

- 1 11-oz. can Heinz Condensed Scotch Broth, undiluted
- 1 cup milk
- 2 cups dry bread cubes
- 2 tablespoons chopped onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon poultry seasoning
- 6 thick pork chops, cut with pockets for stuffing

Combine Soup and milk and heat thoroughly. Strain. Add the vegetables from the Soup to the bread cubes, onion, salt, pepper and poultry seasoning. Mix thoroughly. Add just enough strained Soup mixture to moisten stuffing. Fill pork chops with bread stuffing. Brown on both sides in hot skillet. Pour the remainder of strained Soup over the pork chops. Cover tightly. Cook over low heat or bake in a moderate oven (350° F.) for 40 minutes. Allow one chop per person. Use remaining thickened Soup as gravy. Serves 6.

10

BREADED VEAL CUTLETS WITH TOMATO SAUCE

- 2 lbs. veal cutlets $\frac{1}{2}$ " to $\frac{3}{4}$ " thick
- Dash salt
- Dash pepper
- $\frac{1}{2}$ cups fine bread crumbs
- 2 eggs, lightly beaten
- 2 tablespoons water
- 6 tablespoons fat, melted
- $\frac{1}{4}$ cup water

Cut veal in 6 pieces; season. Dip into crumbs, into egg mixed with 2 tablespoons water, and into crumbs again. Brown in hot fat. Add $\frac{1}{4}$ cup water. Cover and simmer slowly for 20 to 30 minutes. Serve hot and garnish with Tomato Sauce (recipe below).

Tomato Sauce

- $\frac{1}{4}$ cup diced onion
- $\frac{1}{4}$ cup diced green pepper
- 2 tablespoons fat, melted
- 2 tablespoons flour
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- 1 cup milk
- $\frac{1}{2}$ teaspoon salt

Sauté onion and pepper in fat until tender. Add flour and blend well. Add Soup, milk and salt gradually, stirring constantly. Cook, stirring occasionally, until thickened. Serve over Breaded Veal Cutlets. Serves 6.

11

CURRIED VEAL STEAK

- 1 lb. veal steak cut into six pieces
- $\frac{1}{2}$ cup flour
- 1 teaspoon salt
- Dash pepper
- $\frac{1}{2}$ teaspoon curry powder
- 2 tablespoons fat
- $\frac{1}{2}$ cup water
- 1 cup water
- 1 11-oz. can Heinz Condensed Scotch Broth

Dredge portions of meat with flour. Sprin-

Curried Veal Steak continued

kle with salt, pepper and curry powder. Brown quickly in skillet with fat. Add $\frac{1}{2}$ cup of water; cover and allow to simmer for 15 minutes. Combine remaining 1 cup water and Scotch Broth and pour over meat. Cover, and continue simmering, stirring occasionally, for about 50 minutes or until meat is tender and gravy is thick. Remove the meat from the gravy and place around a platter of cooked rice. Serve gravy separately. Serves 4 to 6.

12 CREAMED SWEETBREADS AND MUSHROOMS ON TOAST

- 2 sweetbreads
- 1 quart boiling water
- 1 tablespoon Heinz Distilled White Vinegar
- 1 teaspoon salt
- 2 tablespoons fortified margarine
- 3 tablespoons flour
- 1 11-oz. can Heinz Condensed Cream of Mushroom Soup, undiluted
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ teaspoon salt
- Dash pepper
- $\frac{1}{2}$ teaspoon Heinz Worcestershire Sauce
- Toast slices

Soak sweetbreads in cold water for 1 hour. Drain and plunge into boiling water to which Vinegar and 1 teaspoon salt have been added. Cook for 15 minutes. Drain and place immediately into ice water. Allow to stand for 10 minutes. Drain. Remove membrane. Dice and place in saucepan. Add margarine and heat until it melts. Dust with flour and blend well. Add Soup, milk, seasonings and Worcestershire Sauce. Cook, stirring constantly, until thickened. Serve on toast slices. Serves 6.

13

LIVER AND TOMATO SAUCE

- 1 lb. liver, sliced
- $\frac{1}{4}$ cup flour
- Fat
- 1 teaspoon salt
- Dash pepper
- 6 small onions, sliced
- $\frac{1}{3}$ cup lardified margarine or butter
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- $\frac{1}{2}$ teaspoon salt

Remove membrane from liver; dredge liver in flour and fry in fat until tender. Season with 1 teaspoon salt and pepper. In another pan, sauté onions in margarine until golden brown. Add Soup and remaining salt. Serve as a sauce over the liver. Serves 4 to 6.

14

HAM CHICKEN NOODLE LOAF

- 1 11-oz. can Heinz Condensed Chicken Noodle Soup, undiluted
- $\frac{1}{4}$ cup chopped green pepper
- 2 tablespoons chopped onion
- 1 cup ground, cooked ham
- 4 eggs
- $\frac{1}{2}$ cup bread crumbs
- 2 tablespoons fat
- $\frac{1}{4}$ cup flour

Drain Soup and reserve liquid. Combine green pepper, onion, ham, eggs and bread crumbs. Mix well. Melt fat; add flour and blend well. Add liquid from Soup slowly, stirring constantly, until it thickens. Combine Soup with other ingredients. Place in loaf pan and bake in a moderate oven (350° F.) for 1 hour. Serves 6.



15 TUNA FISH LOAF

- 1 7-oz. can tuna fish
- $\frac{1}{2}$ cup dry bread cubes
- 2 tablespoons finely diced green pepper
- $\frac{1}{2}$ cup finely diced celery
- 1 tablespoon finely diced onion,
- 3 eggs, beaten
- 1 11-oz. can Heinz Condensed Vegetarian Vegetable Soup, undiluted
- 3 green pepper rings
- 1 hard-cooked egg, sliced

Combine first seven ingredients. Grease a loaf pan and arrange green pepper rings in bottom. Place a slice of hard-cooked egg in the center of each. Pack loaf mixture in pan. Bake in a moderate oven (350° F.) for 45 to 60 minutes or until firm. Turn out on platter. Serve hot or chill and serve as a cold salad loaf. Serves 10 cold or 6 hot.

16 TUNA TURNOVERS

- 1 tablespoon lortified margarine
- 3 tablespoons flour
- 1 11-oz. can Heinz Condensed Chicken Noodle Soup, undiluted
- 1 6-oz. can tuna fish
- $\frac{1}{4}$ cup cooked peas
- 1 tablespoon chopped parsley
- Dash pepper
- Pastry

Melt margarine; add flour and blend well. Add Soup. Cook, stirring constantly, until thickened. Add tuna fish, peas, parsley and pepper. Set aside to cool while Pastry is being made. (See Pastry recipe on next page.)

Tuna Turnovers continued

Pastry

- 4 cups sifted all-purpose flour
- 1 teaspoon salt
- 1½ cups shortening
- ½ cup cold water

Mix flour with salt. Cut in shortening with a pastry blender until particles are about the size of a small pea. Gradually add water until dough holds together. Chill. Roll out, and cut into 5" squares. On each square place a spoonful of the tuna fish mixture. Fold pastry to form a triangle; moisten inside edges and press together with a fork. Bake in a very hot oven (450° F.) for 20 minutes. Makes 12' Tuna Turnovers.

17. SALMON BALLS IN VEGETABLE SAUCE

- 1 11-oz. can Heinz Condensed Vegetarian Vegetable Soup
- 1 cup water
- 1 cup cooked or canned salmon
- ½ cup bread crumbs
- 3 eggs, beaten
- ½ tablespoon Heinz Prepared Yellow Mustard
- ½ teaspoon Heinz Worcestershire Sauce
- ¼ teaspoon salt
- 2 cups cooked rice

Combine Soup and water. Cook until bubbling. Flake salmon finely with fork. Add remaining ingredients except rice to the salmon and shape into balls. Place salmon balls into diluted Soup, then simmer, covered, for 10 minutes or until salmon is heated through. Serve two salmon balls per serving in center of mound of fluffy rice. Pour remaining sauce over top. Serves 4.

18 CHICKEN A LA KING

- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- 1 11-oz. can Heinz Condensed Cream of Mushroom Soup
- $\frac{1}{2}$ cup water or chicken broth
- $1\frac{1}{2}$ cups diced, cooked chicken
- 1 cup canned or cooked peas
- $\frac{1}{4}$ cup (2 oz. jar) chopped pimiento

Melt butter; add flour and salt. Blend well. Add Soup and water and cook until bubbling, stirring constantly. Add remaining ingredients; heat. Serve in patty shells or over crisp waffles. Serves 6.

19 STEWED CHICKEN AND DUMPLINGS

- 3 tablespoons fat
- 1 medium onion, diced
- 1 clove garlic
- 1 3-lb. dressed chicken cut into pieces for serving
- 1 11-oz. can Heinz Condensed Chicken Noodle Soup, diluted with an equal quantity of water

Melt fat in Dutch oven. Add diced onion and garlic. Heat until tender. Add chicken and diluted Soup. Stew, covered, for about two hours or until tender. Add Dumplings (recipe below), and replace lid. Cook for 15 minutes without removing lid. Remove chicken and Dumplings to a hot platter. Thicken gravy. Serve immediately.

Dumplings

- $1\frac{1}{2}$ cups sifted all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon shortening
- $\frac{1}{4}$ cup milk

Sift flour, baking powder and salt together.



See Recipe No. 18

Stewed Chicken and Dumplings continued

Blend in shortening with pastry blender. Add milk and mix until just moistened. Drop by spoonfuls on meat. Makes 8 generous dumplings.

20 FRICASSEED CHICKEN WITH MARENGO SAUCE

- 2 tablespoons olive oil or other fat
- 1½ lbs. dressed stewing chicken cut in pieces for serving
- ½ cup flour
- 1 teaspoon salt
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- 1 cup broth or water
- 3 tablespoons Heinz Distilled White Vinegar
- 1 clove garlic
- 1 onion, sliced
- ½ cup sliced mushrooms, cooked or canned
- Dash salt
- Dash pepper

Heat olive oil in a hot frying pan or Dutch oven. Sprinkle flour and salt lightly on chicken pieces and brown. Mix Soup, broth, Vinegar, garlic, onion and mushrooms together. Season with salt and pepper. Add to the browned chicken. Cover frying pan and cook, stirring occasionally, until chicken is tender (approximately 1 hour). Remove the garlic, and serve. Serves 2 to 3.

CASSEROLES and ONE DISH MEALS



21 CHICKEN PIE

- 1 11-oz. can Heinz Condensed Chicken Noodle Soup, undiluted
- 4 tablespoons flour
- $\frac{1}{2}$ cup cooked peas
- $\frac{1}{4}$ cup sliced, cooked mushrooms
- $\frac{1}{4}$ cup diced, cooked carrots
- Pastry for 1 pie crust

Combine Soup and flour, and heat, stirring constantly, until thickened to consistency of thin white sauce. Add peas, mushrooms and carrots. Fill two casserole dishes, each 3" in diameter and $1\frac{1}{2}$ " deep, with the Soup mixture. Divide pastry in half and roll each piece to $\frac{1}{8}$ " thickness. Cover each casserole with pastry. Bake in a very hot oven (450° F.) for 15 minutes. Serves 2.

22 MEAT PIE WITH BISCUIT TOPPING

- $\frac{1}{2}$ lb. raw beef, diced, or 1 cup diced, left-over meat
- 2 tablespoons fat
- 1 11-oz. can Heinz Condensed Vegetable Soup with Beef Stock
- 1 cup water
- $\frac{1}{2}$ teaspoon salt
- Dash cayenne pepper
- Dough for $\frac{1}{2}$ standard recipe for baking powder biscuits

Brown meat in fat. If raw meat is used cook thoroughly. Combine meat, Soup, water and seasonings and pour into a well-greased casserole ($5" \times 8\frac{1}{2}" \times 3"$). Pat bis-

cuit dough to $\frac{1}{4}$ " thickness and cut with a 2" biscuit cutter. Arrange 8 biscuits on top of meat mixture. Bake in a hot oven (400° F.) for 20 minutes or until biscuits are golden brown. Serves 2 to 3.

23

QUICK CHILI CON CARNE

- 3 tablespoons chopped onion
- 3 tablespoons chopped green pepper
- 2 tablespoons fat
- $\frac{1}{2}$ lb. ground beef
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- 1 11-oz. can Heinz Condensed Bean Soup
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cayenne pepper

Sauté onion and pepper lightly in the fat. Add ground beef and brown well. Add other ingredients. Simmer, uncovered, for a few minutes until desired consistency is obtained. Serves 5 to 6.

24

HAM CUPS WITH BEAN SOUP

- $\frac{1}{2}$ lb. ground, cooked ham
- 2 eggs
- $\frac{1}{2}$ cup bread crumbs
- $\frac{1}{4}$ teaspoon salt
- 'Dash pepper'
- 2 tablespoons diced onion
- 2 tablespoons diced green pepper
- 1 tablespoon fortified margarine or butter
- 1 11-oz can Heinz Condensed Bean Soup, undiluted
- $\frac{1}{2}$ teaspoon Heinz Worcestershire Sauce

Combine first five ingredients and mix thoroughly. Divide into five portions. Grease muffin tins and line with meat mixture. Bake in hot oven (425° F.) for 25 minutes.

Sauté onion and green pepper in margarine until tender. Add Soup and Worcestershire Sauce and cook for 5 minutes, stirring frequently. Remove meat from muffin tins and fill with Soup mixture. Garnish each Ham Cup with a sprig of parsley. Serves 5.

25 FRANKFURTER-VEGETABLE CASSEROLE

- 1 medium onion, chopped
- 1 medium green pepper, sliced
- 1 medium carrot, cut in 1" wedges
- ½ cup chopped celery
- 2 tablespoons bacon drippings
- 6 frankfurters, sliced in ½" pieces
- 2 tablespoons Heinz Prepared Yellow Mustard
- 1 11-oz. can Heinz Condensed Bean Soup,
undiluted
- ¾ cup milk

Sauté first four ingredients in bacon drippings. Add frankfurters, Mustard, Soup and milk, and mix. Place in casserole, and top with Corn Bread Topping (recipe below). Bake in a moderate oven (350° F.) for 35 to 40 minutes. Serves 6.

Corn Bread Topping

- 1 cup sifted all-purpose flour
- 3½ teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons sugar
- 1 cup yellow corn meal
- 1 egg, beaten
- ¾ cup milk
- ¼ cup shortening, melted

Sift together flour, baking powder, salt and

Frankfurter-vegetable Casserole continued

sugar. Add corn meal and mix thoroughly. Combine egg, milk and melted shortening. Add liquid ingredients to dry ingredients and stir just enough to moisten the dry ingredients. Spread the batter evenly over warm casserole mixture.

26

FRICATELLI

- 3 cups cooked rice
- 1 lb. country sausage meat, browned and drained
- 1 medium onion, finely chopped
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- 2 tablespoons grated cheese

Arrange rice and sausage meat in alternate layers in a greased casserole. Sprinkle each layer with chopped onion. Pour in Soup and sprinkle top with grated cheese. Bake in a moderately hot oven (375° F.) for 30 minutes. Serves 4 to 6.

27

SALMON AND POTATO CHIP CASSEROLE

- 1 16-oz. can red salmon
- 2 tablespoons fortified margarine
- 3 tablespoons flour
- 1 11-oz. can Heinz Condensed Cream of Mushroom Soup
- $\frac{3}{4}$ cup water
- 2 cups broken potato chips

Drain oil from fish. Melt margarine; add flour and blend well. Add Soup and water. Cook, stirring constantly, until thickened. Add salmon and two-thirds of the potato chips, mixing well. Pour into a greased casserole, and arrange the remaining potato chips on top. Bake in a moderately hot oven (375° F.) for 20 minutes. Serves 6.

SHRIMP AU GRATIN

- 1 7-oz. can shrimp
- 1 tablespoon butter
- 2 tablespoons flour
- $\frac{1}{2}$ cup milk
- 1 11-oz. can Heinz Condensed Cream of Mushroom Soup, undiluted
- 1 tablespoon grated onion
- $\frac{3}{4}$ cup grated cheese
- 1 tablespoon finely chopped parsley
- $\frac{1}{4}$ cup dry bread crumbs

Clean shrimp. Melt butter; add flour and blend. Slowly stir in milk and mix thoroughly. Add Soup and onion. Heat thoroughly. Arrange Soup mixture, shrimp and $\frac{1}{2}$ cup cheese in alternate layers in baking dish. Top with parsley, remaining cheese and bread crumbs. Bake in a hot oven (400° F.) for 20 minutes. Serves 4 to 6.

SPANISH RICE

- 4 slices bacon
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{4}$ cup chopped green pepper
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- $\frac{3}{4}$ cup water
- $2\frac{1}{2}$ cups cooked rice
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Fry bacon until crisp; remove from skillet and chop. Sauté onion and green pepper in bacon drippings until onion is tender. Add remaining ingredients and bacon. Bake in a greased casserole in a moderate oven. (350° F.) for 30 minutes. Serves 6 to 8. If desired $\frac{1}{4}$ cup grated cheese may be sprinkled over top.





See Recipe No. 30

30) SPAGHETTI WITH MEAT SAUCE

- $\frac{1}{2}$ cup chopped onion
- 3 tablespoons bacon drippings
- $\frac{1}{2}$ lb. ground beef
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- $1\frac{1}{2}$ cups water
- $1\frac{1}{2}$ teaspoons salt
- Dash pepper
- 1 10-oz. pkg. Heinz Spaghetti
- Grated Parmesan or sharp cheese

Brown the chopped onion in bacon drippings until soft. Add beef and cook until brown. Add Soup, water and seasonings. Cover and simmer for 30 minutes. Cook Spaghetti and drain. Serve the sauce over the Spaghetti and sprinkle with Parmesan cheese. Serves 8. 1 cup sliced mushrooms may be added if desired.

31 SPAGHETTI IN TOMATO SAUCE WITH MEAT BALLS

- 1/4 lb. ground beef
- 1/4 cup bread crumbs
- 1/4 teaspoon salt
- Dash pepper
- 1/2 tablespoon chopped onion
- 3 tablespoons milk
- 2 tablespoons fat
- 1/4 cup finely grated onion
- 1 11-oz. can Heinz Condensed Cream of
Tomato Soup
- 1 cup water
- 1/2 teaspoon salt
- Dash cayenne pepper
- 3 1/2 oz. Heinz Spaghetti
- Grated Parmesan or sharp cheese

Combine first six ingredients. Shape into 6 balls, approximately 1" in diameter. Place fat in heavy skillet to melt. Brown meat balls well. Place grated onion in skillet with meat and sauté for 15 minutes. Add Soup, water and seasonings. Cover tightly and simmer over low heat for 2 hours, stirring occasionally. Cook Spaghetti according to directions on the package. Serve sauce and meat balls over cooked Spaghetti. Garnish with Parmesan cheese. Serves 2 to 3.

32 SHEPHERD'S PIE

- 3 tablespoons diced onion
- 3 tablespoons diced green pepper
- 2 tablespoons fortified margarine or butter
- 1/2 lb. raw, ground beef or 1 cup cooked,
ground beef
- 1/4 teaspoon salt
- 1 10 3/4-oz. can Heinz Condensed Beef Soup
with Vegetables, undiluted
- 1 cup mashed potatoes

Sauté onion and green pepper in margarine until tender. Add meat and brown. If raw

meat is used cook thoroughly. Sprinkle with salt. Add Soup and simmer, uncovered, for 5 minutes, stirring occasionally. Place in baking dish and top with mashed potatoes. Bake in a hot oven (400° F.) for 20 minutes or until potatoes are well browned. Serves 4.

33 MACARONI IN GREEN PEPPER BOATS

- 6 medium-sized green peppers
- 1 cup Heinz Elbow Macaroni
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{2}$ cup chopped celery
- 1 tablespoon bacon drippings
- 2 tablespoons flour
- 2 teaspoons salt
- 1 teaspoon chili powder
- 1 11-oz. can Heinz Condensed Cream of
Mushroom Soup, undiluted
- 1 cup cubed, cooked ham

Cut tops from green peppers. Remove seeds and fibers. Let stand in boiling water for 10 minutes. Cook Macaroni as directed on the package. Sauté onion and celery in bacon drippings. Add flour, salt and chili powder, and blend thoroughly. Add Soup and cook until thick. Combine with cooked Macaroni and ham. Fill pepper boats with mixture. Stand peppers upright around edge of pan. Cover bottom of pan with water $\frac{1}{2}$ " deep. Cover pan and simmer for 35 to 45 minutes or until peppers are tender. Serves 6. Note: If desired another raw vegetable, such as sliced carrots, may be cooked along with the Macaroni in Green Pepper Boats. Place raw vegetables in water around peppers just before peppers are allowed to simmer.



See Recipe No. 35

34 BAKED CHEESE FONDUE

- 12 slices day old bread
- $\frac{1}{2}$ lb. strong processed cheese
- 4 eggs
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- 1 cup milk
- 2 teaspoons Heinz Prepared Yellow Mustard
- 1 tablespoon minced onion
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Arrange six slices of bread, crusts removed, in the bottom of a baking pan (12" x 7" x 2"). Cover the bread with half the cheese cut in thin slices. Cover with the remaining slices of bread, cheese topped. Beat eggs; add Soup and the remaining ingredients. Pour this mixture over the bread and cheese. Allow to stand for 1 hour. Sprinkle with crumbs from dried bread crusts. Bake in a moderate oven (350° F.) for 50 minutes or until puffed and brown. Serves 6 to 8.

35 TOMATO RAREBIT

- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- $\frac{1}{4}$ lb. American cheese, grated
- $\frac{1}{2}$ teaspoon Heinz Prepared Yellow Mustard

Place Soup and cheese in saucepan. Heat over very low heat, stirring constantly, until cheese is melted and mixture is smooth. Add Mustard. Blend well. Serve over slices of toast. Serves 4.

36 FRENCH TOMATO TOAST WITH CHEESE SAUCE

- 2 eggs, lightly beaten
- $\frac{1}{2}$ teaspoon salt
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- 8 slices bread
- Fat

Combine eggs, salt and Soup. Blend thoroughly. Dip bread into Soup mixture, then fry in fat on both sides until golden brown. Serve with Cheese Sauce (recipe below). Serves 4.

Cheese Sauce

- 2 tablespoons fortified margarine or butter
- 2 tablespoons flour
- 1 cup milk
- Dash salt
- Dash pepper
- $\frac{3}{4}$ cup grated American cheese

Melt margarine. Add flour and blend well. Add milk gradually. Cook until thickened, stirring constantly. Season with salt and pepper. Add cheese. Heat slowly, stirring constantly, until cheese is melted. Pour over French Tomato Toast.



37 TOMATO CHEESE OMELET

- 4 eggs, beaten until frothy
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup grated American cheese
- 2 tablespoons fat
- 2 tablespoons butter
- 2 tablespoons flour

Beat together eggs, $\frac{1}{4}$ cup Soup, salt and cheese. Heat fat in skillet. Add egg mixture and cook slowly. Run spatula around edge, lifting to allow uncooked portion to flow underneath. When slightly browned on bottom fold omelet in half. Let stand over a low heat until center of omelet is set. To make sauce: melt butter; add flour and blend well. Add remaining Soup gradually. Cook until thickened, stirring constantly. Serve over Tomato Cheese Omelet. Serves 4.

38 EGG CROQUETTES

- 3 tablespoons diced green pepper
- 3 tablespoons diced onion
- 1 tablespoon fortified margarine or butter
- $\frac{1}{4}$ teaspoon salt
- 1 $10\frac{1}{4}$ -oz. can Heinz Condensed Beef Noodle Soup, undiluted
- 4 hard-cooked eggs, minced
- 2 tablespoons fortified margarine or butter
- 3 tablespoons flour
- $\frac{1}{4}$ cup milk
- Dry bread crumbs
- 1 egg, beaten
- 2 tablespoons milk

Sauté green pepper and onion in 1 tablespoon margarine until tender. Sprinkle with salt. Strain Soup retaining liquid for Croquette Sauce. Combine eggs and solid portion from Soup. Add to sautéed vegetables. Melt remaining margarine; add flour and blend well. Add $\frac{1}{4}$ cup milk gradually and cook, stirring constantly, until very thick. Add to egg mixture and mix thoroughly. Allow this mixture to cool. Shape into croquettes. Roll in crumbs, then in beaten egg diluted with remaining milk, then in crumbs again. Fry in deep fat (375° - 390° F.) until lightly brown. Serve with Croquette Sauce (recipe below). Serves 8.

Croquette Sauce

- 1 tablespoon fortified margarine or butter
- 3 tablespoons flour
- Liquid from Heinz Condensed Beef Noodle Soup
- 1 cup milk

Melt margarine. Add flour and blend well. Gradually add milk and liquid from Soup. Cook until thickened, stirring constantly. Serve over Egg Croquettes.

BOSTON BAKED BEANS

- 1 pint (1 lb.) dry pea beans
- 1 quart boiling water
- 1½ teaspoons salt
- ½ lb. bacon, cut in 2 pieces
- 2 tablespoons sugar
- ¼ to ½ cup molasses
- ½ teaspoon Heinz Prepared Yellow Mustard
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup

Cook beans in boiling salted water over medium heat for 2 hours. Place one portion of bacon in the bottom of bean pot. Pour beans and liquid over the bacon. Combine sugar, molasses, Mustard and Soup, and pour over beans. Score remaining bacon rind. Bury, rind side up, in beans. Cook in a very slow oven (250° F.) for 8 hours. For the last half hour remove lid from bean pot. Serves 8.

See Recipe No. 39



SAUCES AND GRAVIES



40 QUICK TOMATO SAUCE

- 2 tablespoons fortified margarine
- $\frac{1}{2}$ cup finely chopped green pepper
- 3 tablespoons flour
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ teaspoon Heinz Worcestershire Sauce
- $\frac{1}{2}$ teaspoon salt

Melt margarine. Add pepper, and sauté until tender. Remove from heat. Add flour, and blend well. Add Soup, water, Worcestershire Sauce and salt. Cook, stirring constantly, until thoroughly heated. Serve over meat or fish. Yields 2 cups.

41 SPICY SAUCE FOR EGGS

- $\frac{1}{2}$ cup chopped green pepper
- 6 tablespoons chopped onion
- $1\frac{1}{2}$ tablespoons fat
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- $\frac{3}{4}$ cup water

Sauté pepper and onion in fat. Add Soup and water. Combine and heat thoroughly. Pour over scrambled eggs, omelet or fried eggs. Serves 6.

42 BARBECUE SAUCE

- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- $\frac{1}{2}$ cup Heinz India Relish
- $\frac{1}{4}$ cup finely chopped onion
- 1 tablespoon Heinz Worcestershire Sauce
- 1 tablespoon flour

Combine all ingredients. Cook until thoroughly heated. Serve hot over Salisbury steak, frankfurters or any desired meat. Yields $1\frac{1}{2}$ cups.

43 CHICKEN GRAVY SUPREME

- 1 11-oz. can Heinz Condensed Chicken Noodle Soup, undiluted
- 2 tablespoons flour
- $\frac{1}{2}$ cup cooked peas

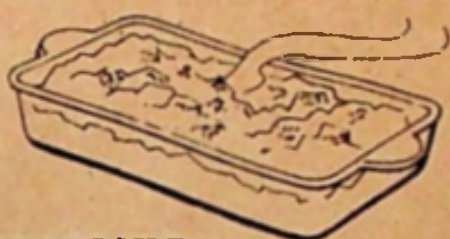
Stir Soup into flour gradually. Cook, stirring constantly, until thickened to consistency of a medium white sauce. Add peas and heat thoroughly. Serve over 2 cups cooked rice, toast triangles or waffles. Serves 3 to 4.

44 QUICK MUSHROOM SAUCE

- 2 tablespoons fortified margarine
- 3 tablespoons flour
- 1 11-oz. can Heinz Condensed Cream of Mushroom Soup
- $\frac{3}{4}$ cup water

Melt margarine. Remove from heat and add flour. Blend well. Add Soup and heat well. Add water and heat, stirring constantly, until thoroughly blended. Serve over meat, fish, egg or cheese dishes. Yields 2 cups.

VEGETABLES



45 TOMATO DELMONICO POTATOES

- 6 boiled potatoes
- $\frac{1}{4}$ cup chopped onion
- 3 tablespoons butter, melted
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- $\frac{1}{2}$ cup water
- 1 tablespoon chopped parsley, fresh or dehydrated
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup buttered bread crumbs

Cut potatoes in large cubes. Sauté onion in butter. Add remaining ingredients except bread crumbs. Place in a greased casserole; sprinkle with bread crumbs and bake in a moderate oven (350° F.) for 30 minutes. Serves 6.

46 ONIONS WITH MUSHROOM SAUCE

- 1 dozen medium onions
- 1 11-oz. can Heinz Condensed Cream of Mushroom Soup
- $\frac{1}{2}$ cup water
- Paprika

Peel onions and arrange in the bottom of a greased baking dish. Mix Soup and water well, and pour over the onions. Sprinkle with paprika. Cover baking dish. Bake in a slow oven (300° F.) for 1½ to 2 hours or until onions are tender. Baste occasionally. Remove the cover after 1 hour of baking. Serves 6.

47

BAKED LIMA BEANS

- 1 11-oz. can Heinz Condensed Cream of Tomato Soup, undiluted
- $\frac{1}{3}$ cup cooking liquid from beans
- $\frac{1}{4}$ cup grated onion
- $3\frac{1}{2}$ cups cooked lima beans, drained
- Bread crumbs
- 6 strips bacon

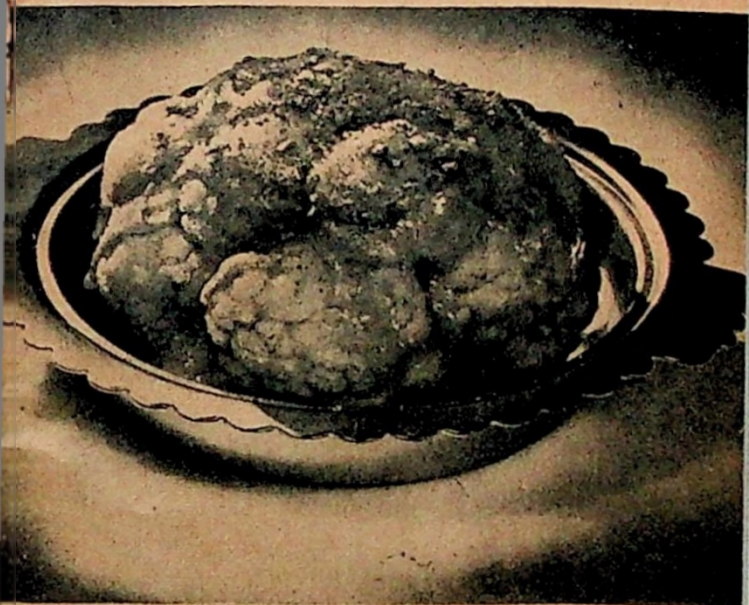
Combine Soup, cooking liquid from beans, onion and beans. Place in casserole. Sprinkle top with bread crumbs. Place bacon strips on top. Bake for 45 minutes in a moderate oven (350° F.). Serves 6.

48

CAULIFLOWER WITH MUSHROOM SAUCE

- 1 large head cauliflower
- Salt
- 1 tablespoon butter
- $1\frac{1}{2}$ tablespoons all-purpose flour
- 1 11-oz. can Heinz Condensed Cream of Mushroom Soup, undiluted
- 1 thin slice dry toast, finely crumbled
- $\frac{1}{4}$ cup grated American cheese

Remove the lower leaves from cauliflower. Allow water to flow over it to remove dust. Cut bottom of stem off smoothly so that the head will stand upright in kettle. Place about 1" of water in kettle; cover and steam for 15 minutes or until tender but still firm. A few minutes before cooking is completed sprinkle with salt. Drain; cut away remaining leaves and lower stem, and place in center of heated serving dish. Melt butter in saucepan; add flour and blend well. Add Soup, stirring constantly until thickened. Pour this sauce over cauliflower, then sprinkle with toast crumbs and cheese which have been combined. Serves 5.



See Recipe No. 48

49) SCALLOPED CABBAGE

- 1 small head cabbage
- 2 tablespoons butter
- 2 tablespoons flour
- 1 11-oz. can Heinz Condensed Cream of Mushroom Soup, undiluted
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- Buttered bread crumbs

Slice cabbage and boil in a very little water until tender. Do not drain. Melt butter; add flour and blend. Add Soup, salt and pepper and stir constantly until thickened. Combine cabbage and Soup mixture. Place in a greased casserole; sprinkle with bread crumbs and bake in a moderate oven (350° F.) for 30 minutes. Serves 6.

50

PEA SOUFFLE

- 1 11-oz. can Heinz Condensed Cream of Green Pea Soup, undiluted
- 1/2 cup grated American cheese
- 4 egg yolks
- 2 tablespoons bacon fat
- 4 egg whites

Heat Soup and cheese together. Cool. Add 1 egg yolk at a time, beating after each addition. Add bacon fat. Mix thoroughly. Beat egg whites until stiff but not dry, and fold into the mixture. Pour into buttered casserole, and bake in a slow oven (300° F.) for 1 hour. Serves 6.

51

CUCUMBERS IN MUSHROOM SAUCE

- 5 medium cucumbers, peeled and diced into 1" pieces
- 2 teaspoons salt
- 1 medium onion, chopped
- 2 tablespoons butter
- 1 11-oz. can Heinz Condensed Cream of Mushroom Soup, undiluted

Cover cucumbers with salt and let stand for 30 minutes. Drain. Sauté onion in butter. Add drained cucumbers and cook for 10 minutes. Add Soup. Mix. Heat thoroughly. Serves 6.



SALADS AND SALAD DRESSINGS



52 PERFECTION SALAD

- 1 tablespoon unflavored gelatin
- $\frac{1}{2}$ cup cold water
- $\frac{1}{2}$ cup boiling water
- 1 11-oz. can Heinz Condensed Chicken Noodle Soup
- $\frac{1}{4}$ cup Heinz Distilled White Vinegar
- 1 tablespoon lemon juice
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup finely grated cabbage
- 1 cup chopped celery
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped pimiento

Soften gelatin in cold water. Dissolve softened gelatin in boiling water. Add remaining ingredients and mix thoroughly. Pour into individual ring molds which have been oiled or rinsed in cold water. Chill. Unmold when firm. Serve on lettuce with cottage cheese in center of molds. Serves 6.

53 THOUSAND ISLAND DRESSING

- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup Heinz Condensed Cream of Tomato Soup, undiluted
- $\frac{1}{4}$ cup Heinz India Relish

Combine. Chill. Yields $1\frac{1}{4}$ cups.

54 FRENCH DRESSING

- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- 1 cup Heinz Distilled White Vinegar
- $\frac{1}{2}$ cup water
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon paprika
- 1 tablespoon Heinz Worcestershire Sauce
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{3}$ cup sugar
- 1 teaspoon minced onion
- 1 teaspoon Heinz Prepared Yellow Mustard
- $1\frac{1}{2}$ cups salad oil

Place ingredients in a French Dressing flask or $1\frac{1}{2}$ quart container. Cover closely and shake vigorously until ingredients are thoroughly blended. Store in refrigerator. Shake well before each use. Yields 1 quart dressing.

55 TOMATO ASPIC RING WITH SALAD CENTER

- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- $\frac{1}{4}$ cup grated celery
- 1 tablespoon grated onion
- $1\frac{1}{4}$ teaspoons sugar
- $1\frac{1}{4}$ teaspoons salt
- $\frac{1}{4}$ teaspoon celery salt
- Dash red pepper
- $\frac{3}{4}$ cup water
- 1 bay leaf
- 4 teaspoons unflavored gelatin (softened in $\frac{1}{2}$ cup cold water for 10 minutes)
- 2 tablespoons Heinz Distilled White Vinegar
- 3 cups chicken salad, meat salad, fish salad or vegetable salad

Combine first nine ingredients and heat for 10 minutes. Strain. Add softened gelatin to hot liquid and stir until dissolved. Add Vinegar. Pour into ring mold which has been oiled or rinsed in cold water. Chill. Unmold when firm. Serve with desired salad in center of ring mold. If preferred, the aspic may be formed in individual molds. Serves 6.

MOLDED VEGETABLE SALAD

- 1 tablespoon unflavored gelatin
- $\frac{1}{2}$ cup cold water
- $\frac{1}{2}$ cup boiling water
- 1 11-oz. can Heinz Condensed Vegetarian Vegetable Soup
- 2 tablespoons Heinz Distilled White Vinegar
- $\frac{1}{4}$ cup diced celery
- $\frac{1}{4}$ cup diced green pepper
- $\frac{1}{4}$ cup diced onion
- 1 tablespoon lemon juice
- $\frac{1}{2}$ teaspoon salt
- Dash pepper
- 2 tablespoons sugar

Soften gelatin in cold water. Dissolve softened gelatin in boiling water. Add Soup and heat for 5 minutes. Remove from heat, and add remaining ingredients. Mix well. Pour into individual ring molds which have been oiled or rinsed in cold water. Chill. Unmold when firm. Serve on lettuce garnished with cottage cheese. Serves 6 to 8.

See Recipe No. 55





and a DESSERT

too good to miss

57 TOMATO SOUP CAKE

- $\frac{1}{4}$ cup shortening
- $1\frac{1}{4}$ cups sugar
- 2 eggs
- 1 11-oz. can Heinz Condensed Cream of Tomato Soup
- $\frac{1}{4}$ cup water
- 1 teaspoon baking soda
- 3 cups sifted all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon cloves

Cream shortening and sugar thoroughly. Add eggs and beat well. Combine Soup, water and baking soda. Sift together flour, baking powder and spices. Add the Soup mixture and sifted dry ingredients alternately, stirring after each addition. Pour into a square greased pan (9"x9"x2"). Bake in a moderate oven (350° F.) for 55 minutes. When cool, frost with Cream Cheese Frosting (recipe below). Note: If desired $\frac{3}{4}$ cup Sun-Maid Seedless Raisins may be added before batter is poured into pan.

Cream Cheese Frosting

- 1 package (3 oz.) cream cheese
- $1\frac{1}{2}$ cups confectioners' sugar
- $\frac{1}{2}$ tablespoon butter or fortified margarine, softened
- $\frac{1}{2}$ teaspoon vanilla

Beat cream cheese with rotary beater until smooth. Add confectioners' sugar and continue beating until well blended. Add butter and vanilla.

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